

# FOOD



# CHART

PART OF A SYSTEMATIC MONTHLY COURSE IN CORRECT EATING ISSUED UNDER THE SUPERVISION OF

**SUN-DIET HEALTH FOUNDATION**  
East Aurora, N.Y.

## FOOD COMBINATIONS

Starch foods are not to be combined with acid foods, acid dressings or proteins. Acid foods and acid dressings tend to impede the digestion of starches. Concentrated proteins and concentrated starches do not combine well because the result of such meals is an excessive formation of acidity within the body and hyperacidity is one of the main causes of disease. Starches do not combine well with each other.

Protein foods do not combine well with starches or with each other. A part of the reason has been given, but the reason for not combining protein foods with each other is that it gives an oversupply of protein to the body.

Acid foods and acid dressings do not combine well with starches for reasons already given.

The natural sweets combine well with all other foods but we have to be careful not to overeat of them because they are so concentrated.

Fats and oils combine well with all other foods but we have to avoid over-eating of them because they are more concentrated than any other class of foods.

All vegetables, including the roots, greens and salad vegetables, combine well with all other foods. This is a sweeping statement to which there are a few exceptions and the exceptions are given on this chart.

Fruits combine well with all foods except that the acid fruits are not compatible with starches or refined sugars. The very mild or sweet fruits such as pears, persimmons, also the natural sugar fruits such as raisins, figs, and dates, combine well with all other foods.

# SUN-DIET FOOD CLASSIFICATION

## GROUP B

### COMBINE FOR STARCH MEAL

**ITEMS PRINTED IN RED NOT RECOMMENDED**

#### VEGETABLES

##### Roots

- Beets
- Carrots
- Celery Root
- Kohlrabi
- Mangel-wurzel
- 4 Parsnips
- Radishes
- Rutabagas
- Salsify-Oyster Plant
- Turnips

##### Salads

- Cabbage
- Celery
- Chicory
- Chives
- Collards
- Cos-Cress
- Cucumber
- Endive
- Garlic
- Irish Moss
- Kraut
- Lettuce
- 11 Melons
- Onions
- Parsley
- Spinach

#### SUGAR

##### (Natural)

- One or two in a meal
- 7 Bananas-Ripe
- Brown Sugar
- Dates
- Figs
- Honey
- 6 Ice Cream  
[See Recipe]
- Maple Syrup-Sugar
- 8 Prunes-Santa Clara
- Raisins

#### STARCHES

**Only one in a meal**

- Artichokes  
[Jerusalem]
- Beans - Dried**
- Bread - Whole Grain
- Bread - White**
- 3 Butter Beans-Green
- Cereals-Whole Grain
- Cereals - Refined**
- Chestnuts - Cooked
- Corn - Matured
- Cornstarch**
- Flour - Whole Grain
- Flour - White**
- Gravies - Flour**
- 5 Lentils
- 3 Lima Beans - Green
- Macaroni**
- Oatmeal
- Pastries**
- 4 Parsnips
- Peanuts**
- 5 Peas - Dried
- Popcorn
- Potatoes - In Jacket
- Sago**
- Rice - Whole
- Spaghetti**
- Soups - Thick
- Tapioca**

#### SWEETS

- One or two in a meal**
- Candies**
- 6 Ice Cream**  
[Commercial]
- Jellies
- Jams
- Preserves
- Syrup - Refined
- White Sugar

#### VEGETABLES

##### Greens

- Artichokes - Cone
- Asparagus
- Beans - String
- Beet Tops
- 1 Broccoli
- 1 Brussels Sprouts
- 1 Cabbage
- 1 Cauliflower
- Celery
- Chard
- Corn - Tender Sweet
- Dandelion Greens
- Eggplant
- 1 Kale
- Kraut
- Leeks
- Lettuce
- Mushrooms
- Okra
- Onions
- Peas - Green
- Peppers - Green
- Pumpkin
- Spinach
- Squash
- Vegetable Marrow
- FATS-OILS**
- Not over three in a meal**
- 2 Alligator Pears
- Butter
- 10 Coconut - Dried
- Cream
- Egg Yolks
- Fats - Animal
- 6 Ice Cream  
[See Recipe]
- Lard
- Nuts
- Oil - Cod Liver
- Oil - Olive
- Oil - Vegetable

**EAT SLOWLY - MASTICATE WELL - SIP FLUIDS SLOWLY**

**See Other Side for Explanation of Notes**

If doing physical work or exercise, or if losing too much weight, you may combine items from "B" at noon for lunch and items from "C" for evening dinner.

# SUN-DIET FOOD CLASSIFICATION

## GROUP C

### COMBINE FOR PROTEIN MEAL

ITEMS PRINTED IN RED NOT RECOMMENDED

VEGETABLES	PROTEINS	VEGETABLES
<b>Roots</b>	<b>Only one in a meal</b>	<b>Greens</b>
Beets	<b>Beans - Dried</b>	Artichokes - Cone
Carrots	Brains	Asparagus
Celery Root	3 Butter Beans-Green	Beans - String
Kohlrabi	Buttermilk	Beet Tops
Mangel-wurzel	Cheese - Dairy	1 Broccoli
4 Parsnips	Cheese - Cottage	1 Brussels Sprouts
Radishes	Clams	1 Cabbage
Rutabagas	Crabs	1 Cauliflower
Salsify-Oyster Plant	9 Eggs - Whole	Celery
Turnips	Fish	Chard
<b>Salads</b>	Game	Corn - Tender Sweet
Cabbage	Gelatin	Dandelion Greens
Celery	Kidneys	Eggplant
Chicory	5 Lentils	1 Kale
Chives	3 Lima Beans - Green	Kraut
Collards	Liver	Leeks
Cos-Cress	Meats	Lettuce
Cucumber	Milk	Mushrooms
Endive	Nuts	Okra
Garlic	Oysters	Onions
Irish Moss	5 Peas - Dried	Peas - Green
Kraut	<b>FRUITS</b>	Peppers - Green
Lettuce	Apples	Pumpkin
11 Melons	Apricots	Spinach
Onions	Berries	Squash
Parsley	Cherries	Vegetable Marrow
Spinach	Currants	<b>FATS-OILS</b>
<b>SUGAR</b> <b>(Natural)</b>	Grapes	Not over three in a meal
One or two in a meal	Grapefruit	2 Alligator Pears
7 Bananas-Ripe	Kumquats	Butter
Brown Sugar	Lemons	10 Coconut - Dried
Dates	Limes	Cream
Figs	Mangoes	Egg Yolks
Honey	Oranges	Fats - Animal
6 Ice Cream [See Recipe]	Peaches	6 Ice Cream [See Recipe]
Maple Syrup-Sugar	Pears	Lard
8 Prunes-Santa Clara	Persimmons	Nuts
Raisins	Pineapple	Oil - Cod Liver
	Plums	Oil - Olive
	Pomegranates	Oil - Vegetable
	Tangerines	
	12 Tomatoes	

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See Other Side for Explanation of Notes

BREAKFAST is best of Milk and Fruits. LUNCH is best of Milk, with Fruits, Vegetables and Natural Sugars. DINNER may consist of items in Group "B" and on alternate days items from Group "C" instead of Group "B".

## SPECIAL EXCEPTIONS

(1) **Cabbage, Cauliflower, Brussels Sprouts, Kale and Broccoli** should not be eaten by those who fill with gas after partaking. Cabbage is best avoided by those who have indigestion.

(2) **Alligator Pear**.—Fruit rich in fat, good for salads. Combines well with all foods.

(3) **Lima Beans and Butter Beans**.—Good for those not troubled with internal gas. Take as main part of meal with vegetables. No other protein or starch.

(4) **Parsnips**.—Both starch and vegetable, almost as starchy as potato.

(5) **Peas, Dried and Lentils**.—Rich in protein and starch. No other protein or starchy food in the same meal. To be avoided if cause gas.

(6) **Ice Cream**.—Sugar and fat. Good when made with honey or maple sugar, yolks of eggs and cream.

(7) **Bananas**.—When thoroughly ripe, are a sweet fruit. Digest easily. Green bananas are starchy and not fit to eat raw.

(8) **Prunes**.—Good laxative, sweet fruit. Santa Clara prunes are lowest in acid. Prunes give acid end products. Should not be eaten with starch.

(9) **Eggs, Whole**.—Good protein, easy to digest when poached, coddled or soft boiled. In all recipe combinations use yolk only.

(10) **Coconut, Dried**.—Contains mostly fat but considerable starch and sugar. Combines well with all foods except proteins.

(11) **Melons**.—Healthful, but should not be eaten with other foods if they cause distress.

(12) **Tomato**.—Acid Vegetable. Combines well with all foods except starches. So much like a fruit that we class it among them.

**SALAD DRESSINGS** should be of plain oil or sweet cream for meals combined of "B," or of lemon juice with oil cream or both if meal is combined of "C".

All vegetables should be baked or steamed. Greens should be cooked in so little water that it will be absorbed. Tea and Coffee not recommended but may be used without cream or sugar. Salt except in very small quantities, white sugar, pepper or vinegar should not be used for seasoning.